

“Rick Paine and the staff at ACC have earned my trust and respect. The coaches get to know young people and their families in a way that puts a premium on their collegiate experience. They have the knowledge, integrity and network to make the recruiting process an enjoyable and proactive journey for their clients.”

Ray Looze Jr.

Indiana University

Head Swimming Coach



Flipturn

We have so many swimmers to celebrate in all collegiate divisions! Congratulations to all of our American College Connection NCAA, NAIA and Junior College

All Americans!

NCAA D-I

Jack Alexy- *Cal*, 200 FR/400 FR

Kate Douglass- *Virginia*- first- 50 free, 100 fly, 200 breast (3 American and NCAA records), 200 MR/200 FR/400 MR/400 FR

Hannah Bach- *Ohio State*- 100 breast, 200 MR/400 MR

Olivia Carter- *Michigan*- 200 fly, 400 MR/200 MR

Jade Nesor- *Arizona*- 200 MR

Anna Keating- *Virginia*- 100 and 200 breast

Izzy Gati- *Kentucky*- 800 FR

Olivia Nel- *North Carolina*- 200 FR

NCAA D-II

Jordan Fox-*Wayne State*- 1000, 200 free, 500, 200 back 200 MR/800MR

Xander Skinner- *McKendree*- 50 free, 100 free, 200 free, 200 FR/400 MR/800 FR/400 FR

Finn Howard - *Queens* - won the 1 back (200 Free Relay, 400 Medley Relay, 100 Backstroke, 400 Free Relay, 200 Medley Relay, 50 Freestyle, 200 Backstroke

Liki Prema- *Indianapolis*, 200 breast

NCAA D-III

Jordan Wentzel- *St. Kate's*- national champ 200 breast (NCAA record), 200 IM, 100 breast, 200 FR/400 MR/800 FR/400 FR

Robert Quan - *U of Chicago*- 800 free relay 2nd team

Edie Bates - *Emory*- 1 and 2 BR / 2 and 4 Medley relay

Avery Turney - *Pomona Pitzer* - 50, 100 (2nd in 100 free) 200 free / 2 and 4 Fr relay / 2 and 4 Medley relay

Thomas Pritchard - *NYU* 500 and 1650 Free

Megan Jungers- *Emory*- 100 fly, 100 back, 200 back 200 MR/400 MR/

Arthur Kiselnikov- *Chicago*- 100 free, 200 free 200 FR/400 FR/400 MR

Adam Copses- *Emory*- 500, 1650

NAIA

Annamarie Lowry- *Midland*, 500, 200 free, 1650 (2nd) 800 FR/200 FR/400 MR/200 MR/400 FR

JC

Masha Prima- *Indian River*, 1 and 2 breast, 50 free, 100 free, 100 IM

Chance Conde- *Indian River*, 1000, 200 free, 500, 1650



3 Quick Nutrition Tips for Swimmers



By María Inés Flores
Olympic Gymnast
Nutritional Coach
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Some of you are ready to engage in a deep learning & habit-forming process, some of you are ripe for just a couple of changes to obtain at least marginal gains. So here are two quick tips:

Ensure good water intake:

Baseline # ounces = 50% of your weight in pounds
+ minimum 16 ounces more for each hour of exercise

How to achieve it?

Set a reminder alarm on your phone every 90 minutes

Get a good metallic water bottle, refill it several times per day, and think of it as an extension of your arm

Snack more:

Many swimmers have snacks 3 times per day!

How to achieve it?

Strategic grocery shopping: baby carrots, snack-size hummus cups, lots of sandwiches (whole grain bread) and wraps, nitrate-free turkey ham, mozzarella cheese, peanut butter and jelly, high-protein chips, LOTS of Fruit, Greek yogurt, granola, snack bars w/at least 6 g of protein, nuts and seeds

Get up 15 minutes earlier, pack everything, and organize it in.

Test your nutrition knowledge- take the 2-minute health quiz!

<https://letsbefittoday.com/health-quiz-v1/>

The Short Course to Long Course Transition



By Lori Payne
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As a swimmer, it is the time of year, where you either look forward to summer training or are terrified of that long 50 meter pool.

The short course season is so long, and the long course season is so short ! Every workout, every stroke and Every meet counts.

Two thirds of the swimming calendar is short course, so how do you make the long course productive ?

Long course is a time to refine your strokes, so you conquer the distance of the pool.

This may require tweaking your strokes to get the most out of each stroke cycle.

Long repetitive movement without turns is beneficial to a swimmer who wants to increase endurance, and swimming perfectly for a longer time.

College coaches love strong kickers, so make that a summer focus ! The long course pool allows you to maintain your kick without interruption, which builds the endurance you need to have strong walls and turns into the short course season.

*For all seniors that are committed, this is your last long season .

Remember there is no such thing as "maintaining" in swimming. Go to college in the best shape of your life. College coaches want to see you are as committed to them, as they are to you.